

# U. S. Figure Skating Basic Skills Program

## Snowplow Sam Program



The Snowplow Sam levels are designed to help the preschool age skater develop preliminary coordination and strength to maneuver on the ice. Snowplow Sam is a big, fuzzy, white bear who loves to skate. Time with Snowplow Sam will allow preschool children to become comfortable on the ice.

### **Snowplow Sam 1**

- A. Sit and stand up with skates on: Off Ice
- B. Sit and stand up: On Ice
- C. March in place
- D. March forward: 8-10 steps
- E. March, then glide on two feet
- F. Dip in place

### **Snowplow Sam 2**

- A. March followed by a long glide
- B. Dip while moving
- C. Backward wiggles: 6 in a row
- D. Forward two-foot swizzles: 2-3 in a row
- E. Rocking horse: One forward - One backward swizzle action
- F. Two-foot hop in place

### **Snowplow Sam 3**

- A. Forward skating: 8-10 steps
- B. Forward one-foot glide: R & L
- C. Forward swizzles: 4-6 in a row
- D. Backward swizzles: 4-6 in a row
- E. Forward snowplow stop w/skid
- F. Curves

# U. S. Figure Skating Basic Skills Program

## Basic Skills 1 – 8



The Basic Skills are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and Mohawks. Upon completion of the Basic 1-8 levels, skaters will have the basic knowledge of the sport enabling them to advance to the more specialized areas of skating.

| <b>Basic 1</b>                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Basic 2</b>                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Basic 3</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Basic 4</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li><b>A.</b> Sit on ice and stand up</li> <li><b>B.</b> March forward across the ice</li> <li><b>C.</b> Forward two-foot glide</li> <li><b>D.</b> Dip</li> <li><b>E.</b> Forward swizzles: 6-8 in a row</li> <li><b>F.</b> Backward wiggles: 6-8 in a row</li> <li><b>G.</b> Snowplow stop</li> <li><b>H.</b> Rocking horse: 2-3</li> <li><b>I.</b> Two-foot hop in place (optional)</li> </ul> | <ul style="list-style-type: none"> <li><b>A.</b> Forward one foot glides: R &amp; L</li> <li><b>B.</b> Backward two-foot glide</li> <li><b>C.</b> Backward swizzles: 6-8 in a row</li> <li><b>D.</b> Two-foot turn from forward to backward in place</li> <li><b>E.</b> Moving snowplow stop</li> <li><b>F.</b> Forward alternating ½ swizzle pumps, in a straight line (slalom-like pattern)</li> </ul>              | <ul style="list-style-type: none"> <li><b>A.</b> Forward stroking, showing correct use of blade</li> <li><b>B.</b> Forward ½ swizzle pumps on a circle: 6-8 consecutive clockwise &amp; counter clockwise</li> <li><b>C.</b> Moving forward to backward two-foot turn; clockwise &amp; counter clockwise</li> <li><b>D.</b> Backward one-foot glides: R &amp; L</li> <li><b>E.</b> Forward Slalom</li> <li><b>F.</b> Two-foot spin: up to 2 revolutions</li> </ul> | <ul style="list-style-type: none"> <li><b>A.</b> Forward outside edge on a circle: R &amp; L</li> <li><b>B.</b> Forward inside edge on a circle: R &amp; L</li> <li><b>C.</b> Forward crossovers, clockwise &amp; counter clockwise</li> <li><b>D.</b> Forward outside three-turn, R &amp; L from a stand still position</li> <li><b>E.</b> Backward ½ swizzle pumps on a circle, clockwise and counter clockwise</li> <li><b>F.</b> Backward stroking</li> <li><b>G.</b> Backward snowplow stop: R &amp; L</li> </ul>                                                          |
| <b>Basic 5</b>                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Basic 6</b>                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Basic 7</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>Basic 8</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <ul style="list-style-type: none"> <li><b>A.</b> Backward outside edge on a circle: R &amp; L</li> <li><b>B.</b> Backward inside edge on a circle: R &amp; L</li> <li><b>C.</b> Backward crossovers, clockwise &amp; counter clockwise</li> <li><b>D.</b> Beginning one-foot spin: up to 3 rev, optional entry &amp; free foot position</li> <li><b>E.</b> Hockey stop</li> <li><b>F.</b> Side toe hop: both directions</li> </ul>  | <ul style="list-style-type: none"> <li><b>A.</b> Forward inside three turn: R &amp; L from a standstill position</li> <li><b>B.</b> Moving backward to forward two-foot turn on a circle, clockwise &amp; counter clockwise</li> <li><b>C.</b> T-stop: R or L</li> <li><b>D.</b> Bunny hop</li> <li><b>E.</b> Forward arabesque/spiral on a straight line: R or L</li> <li><b>F.</b> Forward lunge: R or L</li> </ul> | <ul style="list-style-type: none"> <li><b>A.</b> Forward inside open Mohawk from a standstill position: R to L and L to R</li> <li><b>B.</b> Backward outside edge to forward outside edge transition on a circle: R &amp; L</li> <li><b>C.</b> Ballet jump: R &amp; L</li> <li><b>D.</b> Backward crossovers to a backward outside edge glides (landing position), clockwise &amp; counter clockwise</li> <li><b>E.</b> Forward inside pivots, R or L</li> </ul>  | <ul style="list-style-type: none"> <li><b>A.</b> Moving forward outside three-turn on a circle: R &amp; L</li> <li><b>B.</b> Moving forward inside three-turn on a circle: R &amp; L</li> <li><b>C.</b> Combination move: Forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge: repeat 3 times, clockwise &amp; counter clockwise</li> <li><b>D.</b> One-foot upright spin, optional entry &amp; free foot position</li> <li><b>E.</b> Waltz jump</li> <li><b>F.</b> Mazurka: R &amp; L</li> </ul> |

# U. S. Figure Skating Basic Skills Program

## Hockey Curriculum

The Hockey curriculum is designed to teach the fundamentals of hockey skating. In 4 badge levels, skaters will learn how to maneuver faster and be more agile on the ice. Proper skating techniques are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the necessary fundamentals to be successful in game situations.

*Necessary Equipment:*

- Hockey Skates
- Certified Hockey Helmet (Ice Approved)

| <b>Hockey 1</b>                                                                                                                                                                                                                                                                                                                                                | <b>Hockey 2</b>                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>A. Sit on ice and stand up</li> <li>B. Proper stance</li> <li>C. March forward across the ice</li> <li>D. Forward two-foot glide, one time skater's height</li> <li>E. Dip or squat</li> <li>F. Scooter pushes or T-push</li> <li>G. Forward swizzles</li> <li>H. Snowplow stop</li> <li>I. Backward skating</li> </ul> | <ul style="list-style-type: none"> <li>A. Backward stance</li> <li>B. Skating forward using full strides</li> <li>C. Forward one-foot glides, R &amp; L</li> <li>D. Backward hustle</li> <li>E. Backward swizzles</li> <li>F. Glide turns, both directions</li> <li>G. Moving snowplow stops</li> </ul>                                                                                                                                                   |
| <b>Hockey 3</b>                                                                                                                                                                                                                                                                                                                                                | <b>Hockey 4</b>                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <ul style="list-style-type: none"> <li>A. Forward C-Cuts (1/2 swizzle pumps) on a circle, R &amp; L</li> <li>B. Hockey turns, R &amp; L, with speed in and out of turn</li> <li>C. Forward slalom</li> <li>D. Forward stop and starts</li> <li>E. Backward V-stop</li> <li>F. Lateral marching crossovers, both directions</li> </ul>                          | <ul style="list-style-type: none"> <li>A. Forward one-foot pushes on a circle</li> <li>B. Forward crossover glides: hold feet in crossed position for two counts</li> <li>C. Forward crossovers: clockwise and counter clockwise</li> <li>D. Alternating backward C-Cuts in a line (1/2 swizzle pumps)</li> <li>E. Backward one-foot glide, R &amp; L, one time skater's height</li> <li>F. Mohawks: R to L and L to R</li> <li>G. Hockey stop</li> </ul> |

Endorsed by:



# U. S. Figure Skating Basic Skills Program

## Adult Curriculum

The Adult curriculum is designed for the beginner adult skater. It will promote physical fitness and improve balance and coordination while learning proper skating techniques. Divided into four levels, adult skaters will progress at an individual rate while being challenged and motivated. This is an exciting new program for people who look to skating as an enjoyable way for a fit and healthy lifestyle.

### Adult 1

- A. Falling and recovery
- B. Forward strides and gliding
- C. Forward swizzles
- D. Backward skating
- E. Backward swizzles
- F. Forward one-foot glides, one time skater's height: R & L
- G. Two-foot turns, in place
- H. Snowplow stops: R or L
- I. Forward curves on two feet
- J. Forward ½ swizzle pumps on a circle

### Adult 3

- A. Backward edges on a circle, outside and inside, clockwise and counter clockwise
- B. Backward crossovers, clockwise and counter clockwise
- C. Inside Mohawk, either direction
- D. Basic forward outside and forward inside consecutive edges (4-6)
- E. Backward snowplow stops: R and L
- F. Forward progressives
- G. Beginning two-foot spin

### Adult 2

- A. Forward stroking
- B. Backward ½ swizzle pumps on a circle, clockwise and counter clockwise
- C. Moving two-foot turns on a curve, both directions
- D. Forward edges on a circle, outside and inside, clockwise and counter clockwise
- E. Forward crossovers, clockwise and counter clockwise
- F. Backward one-foot glide: R or L
- G. Forward pivot
- H. Forward Chasses on a circle

### Adult 4

- A. Forward three turns, outside and inside: R & L
- B. Perimeter stroking with crossover end patterns
- C. Forward outside to inside change of edge sequence
- D. Alternate backward crossovers with two-foot transition
- E. Footwork sequence:
  - 3-5 forward crossovers to an inside Mohawk;
  - 3-5 backward crossovers;
  - step forward inside the circle and repeat
- F. Power three turns: one direction only
- G. Backward Chasses on a circle

# U. S. Figure Skating Basic Skills Program

## Free Skate Curriculum

Each Free skate level is divided into four sections: *Moves in the Field, spins, dance/footwork sequence & jumps*. The Free skate levels are designed to give skaters a strong foundation on which to build up their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating.

| <b>Free skate 1</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Free skate 2</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>A. Advanced forward stroking</li> <li>B. Basic forward outside and forward inside consecutive edges (4-6)</li> <li>C. Advanced back outside 3-turns clockwise and counter clockwise (R &amp; L)</li> <li>D. Scratch Spin from back crossovers: 3 revolutions minimum</li> <li>E. Waltz jump - from 2-3 back crossovers</li> <li>F. Half flip</li> </ul>                                                                                                                                                                                                                                                                             | <ul style="list-style-type: none"> <li>A. Basic back outside and back inside consecutive edges (4-6)</li> <li>B. Forward outside and forward inside spirals, clockwise and counter clockwise (R &amp; L)</li> <li>C. Continuous forward progressive chasse sequence: clockwise and counter clockwise</li> <li>D. Waltz threes</li> <li>E. Beginning back spin: 2 turns</li> <li>F. Waltz jump, side toe hop, waltz jump sequence</li> <li>G. Toe Loop</li> </ul>                                                                   |
| <b>Free skate 3</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Free skate 4</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <ul style="list-style-type: none"> <li>A. Forward and backward crossovers in figure 8 pattern</li> <li>B. Waltz Eight</li> <li>C. Advanced forward consecutive swing rolls (4-6)</li> <li>D. Backward inside 3-turn: clockwise &amp; counter</li> <li>E. Backspin with free foot in crossed leg position: 3 revolutions minimum</li> <li>F. Salchow</li> <li>G. Half Lutz jump</li> <li>H. Waltz jump/toe loop combo or Salchow/toe loop combination</li> </ul>                                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>A. Spiral Sequence: FI Spiral, FI Mohawk, BO; Spiral: clockwise &amp; counter clockwise</li> <li>B. Forward Power 3 Turns: R &amp; L</li> <li>C. Continuous backward progressive, chasse sequence on a circle: clockwise and counter clockwise</li> <li>D. Sit Spin: 3 revolutions</li> <li>E. Loop jump</li> <li>F. Waltz Jump/Loop Jump Combination</li> </ul>                                                                                                                            |
| <b>Free skate 5</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Free skate 6</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <ul style="list-style-type: none"> <li>A. Backward outside 3 turn, Mohawk into 3 backward crossovers: repeat 3 times clockwise &amp; counter clockwise</li> <li>B. Spiral sequence - Forward outside spiral, forward outside 3 turn, one backward crossover, back inside spiral: clockwise &amp; counter clockwise</li> <li>C. Forward outside slide chasse swing roll sequence: 3 - 6 times, alternating feet</li> <li>D. Camel spin: 3 revolutions minimum</li> <li>E. Forward upright spin to back scratch spin: 3 revolutions, each foot</li> <li>F. Loop/loop combination</li> <li>G. Flip jump</li> <li>H. Waltz jump/falling leaf/toe loop jump sequence</li> </ul> | <ul style="list-style-type: none"> <li>A. Alternating back crossovers to back outside edges</li> <li>B. 5 step Mohawk sequence: clockwise and counter clockwise</li> <li>C. Camel/sit spin combination: 5 revolutions</li> <li>D. Split jump/stag jump</li> <li>E. Waltz jump/ ½ loop/Salchow</li> <li>F. Lutz jump</li> <li>G. Axel: walk through preparation, jump</li> </ul> <p style="text-align: center;"><i>Axel does not need to be landed to pass this test. Skater should have an understanding of the mechanics.</i></p> |

# U. S. Figure Skating Basic Skills Program

## Dance Curriculum

*(Dances may be skated solo for testing Dance 1 – 6)*



The Dance badge program focuses on the components of ice dancing and reviews the basic edges and turns while skating to music. Skaters will learn the first six dance patterns in the U. S. Figure Skating test structure. These tests may be taken with or without a partner.

### Dance 1

- A. Forward outside swing rolls to a count of six
- B. Alternating forward progressives in sequence to a count of six
- C. Description and demonstration of Kilian hold
- D. Corner steps on Dutch Waltz (LFO/RFI – three beats each)
- E. Skate Dutch Waltz pattern with music

### Dance 2

- A. Continuous forward progressive – Chasse clockwise & counter clockwise
- B. Forward slide Chasses to a count of four, on a circle: clockwise & counter clockwise (minimum of four slide Chasse)
- C. Consecutive forward swing rolls to a count of four
- D. Forward outside cross rolls (cross strokes)
- E. Description and demonstration of the reverse Kilian position
- F. Skate Canasta Tango pattern with music

### Dance 3

- A. Continuous promenade progressives on a circle to a count of four
- B. Consecutive inside swings to a count of four
- C. Skate the lilt action in step #5
- D. Cross behind steps on end pattern of the Rhythm Blues (note: optional steps)
- E. Skate Rhythm Blues pattern with music

### Dance 4

- A. Consecutive inside Chasse with wide step sequence
- B. Four-beat edge with double knee bend and leg expression in step #6 from Cha Cha
- C. Slalom motion, with close feet and lifting knee action
- D. End pattern of Cha Cha step sequences with crosses, showing edge quality (note: optional steps)
- E. Skate Cha Cha pattern with music

### Dance 5

- A. Forward swing rolls to a count of four
- B. Forward inside open Mohawk
- C. Backward swing rolls to a count of four
- D. Backward Chasse
- E. Demonstrate Waltz position (closed position) and hand-in-hand position for partners. Demonstrate moving to and from waltz position and hand-in-hand position with partner
- F. Skate Swing Dance pattern with music

### Dance 6

- A. Swing Roll with change of edge in relation to an axis – Proper counting: four beat forward outside edge, two beat forward inside edge
- B. Advanced open Mohawk with closed free foot position on exit
- C. Cross behind inside Chasse
- D. Rounded end pattern step sequence in steps #10 -#16
- E. Two outside edges
- F. Demonstrate Kilian position and reverse Kilian position. Demonstrate changing these positions.
- G. Skate Fiesta Tango pattern with music

# U. S. Figure Skating Basic Skills Program Synchronized Skating Curriculum



The Basic Skills synchronized badge program is a fun introduction to the five basic elements:

- \* Circle
- \* Line

- \* Wheel
- \* Block

- \* Intersection/Transition

## Synchro 1

- A. Circle: Forward pumps clockwise and counter clockwise, followed by a forward outside edge & a forward inside edge glide
- B. Line: Forward skating, covering the length of the ice, followed by a snowplow stop
- C. Block: Shoulder hold, forward skating, 10 steps in a simple block formation, followed by a snowplow stop
- D. Wheel: "S" wheel or four spoke with back pumps
- E. Holds: Shoulder to shoulder, hand to hand

## Synchro 2

- A. Circle: Containing two foot turn from forward to backward & a forward outside & forward inside edge glide
- B. Line: Forward skating, with at least one forward crossover R over L & one L over R
- C. Block: Forward skating including steps & turns from Basic 3-6
- D. Wheel: Four spoke or two spoke with backward skating
- E. Intersection: One line forward intersection; two foot glide at point of intersection
- F. Transitions: A wheel and circle

## Synchro 3

- G. Circle: A circle that contains a forward inside Mohawk and a forward outside three turn.
- H. Line: Include the step sequence from instructor's manual
- I. Block: Two configurations
- J. Wheel: Parallel wheel or two spoke if there are not enough skaters
- K. Intersection: One line forward intersection with a one foot glide at the point of intersection
- L. Transitions: Circle and line, line and intersection

## Synchro 4

- H. Circle: A circle that includes the combination move (element C) from Basic 8
- I. Line: A line including both forward & backward skating
- J. Block: A block with at least two configurations and steps from Basic 3-8
- K. Wheel: Wheel of choice
- L. Intersection: Forward with a forward lunge
- M. Transition: Combine at least three elements



# U. S. Figure Skating Basic Skills Program

## Pairs Curriculum

### Pairs 1

- A. Hold and Position: Basic hand-to-hand hold with a side-by-side position
- B. Advanced forward stroking side-by-side both directions
- C. Advanced forward stroking side-by-side both directions with a handhold
- D. Advanced forward crossovers in a figure eight with a hand-to-hand hold both directions
- E. Bunny Hops side-by-side

### Pairs 3

- F. Hold and Position: Kilian and reverse Kilian hold and position
- G. Continuous forward progressive Chasse sequence clockwise and counter clockwise
- H. Spirals:
  - a. One skater forward/one skater backward hand-to-hand hold
  - b. Skaters in Kilian position
- I. Circling Pair Spin
- J. Two-foot spin side-by-side
- K.  $\frac{1}{2}$  Flip Jumps side-by-side

### Pairs 5

- A. Hold and Position: Waist lift position one partner behind the other and lift position with hand-to-hand grip
- B. Pull Spiral: *Male* on back outside edge (back outside pivot option); *Female* in backward spiral outside or inside. One hand to one hand hold.
- C. Back Scratch Spin side-by-side
- D. Flip Jumps side-by-side
- E. Upright spin in Kilian position
- F. Loop Lift (waist lift position one partner behind the other).

### Pairs 2

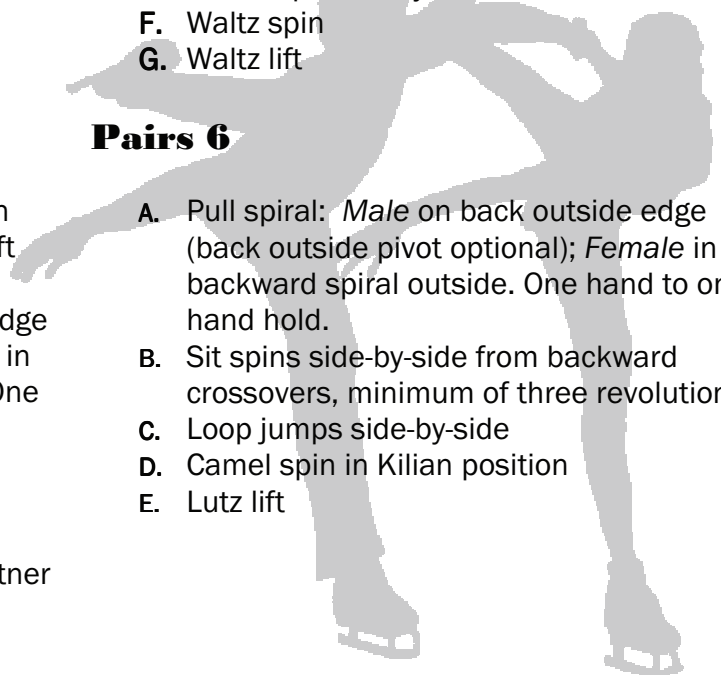
- A. Hold and Position: Basic Waltz hold and position
- B. Advanced backward crossovers to back outside edge, side-by-side both directions
- C. Advanced backward crossovers to back outside edge, side-by-side both directions with a handhold
- D. Advanced backward crossovers in a figure eight with a hand-to-hand hold both directions
- E. Waltz Jumps side-by-side: from two to 3 backward crossovers

### Pairs 4

- A. Hold and Position: Open dance lift position with armpit grip
- B. Five Step Mohawk sequence
- C. Pull Spiral – *Male* on back outside edge (back outside pivot optional); *Female* in forward spiral outside or inside. One hand to one hand hold.
- D. Scratch spins (upright spin) side-by-side from backward crossovers, minimum of three revolutions
- E. Toe Loops side-by-side
- F. Waltz spin
- G. Waltz lift

### Pairs 6

- A. Pull spiral: *Male* on back outside edge (back outside pivot optional); *Female* in backward spiral outside. One hand to one hand hold.
- B. Sit spins side-by-side from backward crossovers, minimum of three revolutions
- C. Loop jumps side-by-side
- D. Camel spin in Kilian position
- E. Lutz lift





# U. S. Figure Skating Basic Skills Program

## Artistry in Motion (AIM) Curriculum

The new Artistry in Motion (AIM) program is designed to educate skaters on the basic principles and philosophy of choreography and style. The badge program will give them a foundation in basic body alignment, movement and line. Using this program will contribute to the training of the complete figure skater. Artistry in Motion praises the creative mind of every skater.

- Must have passed Basic 8
- Instructors must choose appropriate selections of music from the suggested list for each level
- Must use the AIM video, instructor manual and follow the specific guidelines

### Artistry in Motion 1

- Introduction to basic dance movement and terminology
- Introduction to rhythm/musical styles
- Eye focus, facial expression
- Basic head movements
- Introduction to overall body awareness/levels
- Program construction

### Artistry in Motion 2

- Introduction to Classical music
- Introduction to correct upper body placement
- Development of port de bras
- Utilization of basic dance movements in classical style
- Program mapping
- Demonstration of a compulsory program: To be choreographed by the skater, 1 minute in length

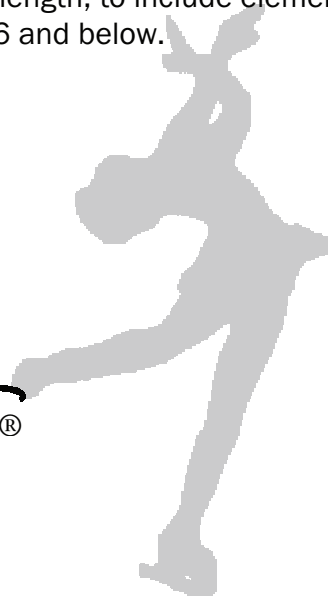
### Artistry in Motion 3

- Introduction to Jazz/Contemporary music programs
- Development of lower body extension
  - Ina Bauer
  - Spread eagles
  - Unique spirals
  - Knee/body slides
- Footwork and edge work sequences into jumps
- Two spiral sequences (see manual for patterns)
- Music interpretation exercise

### Artistry in Motion 4

- Development of artistic presentation in skating programs
- Advanced spins (see manual)
- Incorporation of body levels
- Footwork and edge work sequences to music to be choreographed by the skater: 20 steps each
- Demonstration of a program choreographed by the skater, music of skater's choice, 1-1 ½ minutes in length, to include elements from Freeskate 6 and below.

*Artistry in Motion*®



# U. S. Figure Skating Basic Skills Program

## Speed Curriculum

The Speedskating track for the Basic Skills program introduces beginning speedskating techniques for skaters after they have learned the basic skating fundamentals in Basic Skills 1-4. These techniques include basic positions, edges, turns, starts and speed development. Skaters will be ready for racing after completing the Speed 1-6 badge levels.

| <b>Speed 1</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Speed 2</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li><b>G.</b> Demonstrate basic position</li> <li><b>H.</b> Two foot glides, straight line – 20 feet</li> <li><b>I.</b> Two foot glides, straight line – 10 feet in position</li> <li><b>J.</b> One foot glides – straight line, R &amp; L, 10 feet each</li> <li><b>K.</b> Demonstrate start position</li> <li><b>L.</b> Demonstrate basic skating position</li> <li><b>M.</b> Demonstrate knowledge of the size of track (111 meters)</li> <li><b>N.</b> Execute stroke</li> <li><b>O.</b> Skate three laps around hockey circles in basic position</li> </ul>                              | <ul style="list-style-type: none"> <li><b>H.</b> Two foot glide on a curve – 20 feet on proper edges (L outside edge &amp; R inside edge)</li> <li><b>I.</b> One foot glides on curve, R &amp; L, inside &amp; outside edges – 10 feet</li> <li><b>J.</b> Forward crossovers on hockey circle, both directions</li> <li><b>K.</b> Demonstrate proper start</li> <li><b>L.</b> Skate one lap around track in basic position</li> <li><b>M.</b> Skate one lap in 11 seconds around hockey circles</li> <li><b>N.</b> One foot glides – straight line, R &amp; L – 10 feet in position</li> <li><b>O.</b> Demonstrate understanding of start command</li> </ul> |
| <b>Speed 3</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Speed 4</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <ul style="list-style-type: none"> <li><b>I.</b> Forward crossovers with edge pushes – two consecutive hockey circles to left in position</li> <li><b>J.</b> Demonstrate basic arm swing for straight-aways</li> <li><b>K.</b> Demonstrate basic arm swing around end of track</li> <li><b>L.</b> Demonstrate proper start acceleration</li> <li><b>M.</b> Skulling for one lap around track in position</li> <li><b>N.</b> Skate five laps in position around hockey circles</li> <li><b>O.</b> Skate two laps in 20 seconds around hockey circles</li> <li><b>P.</b> Backward two foot glides in position – 10 feet</li> </ul> | <ul style="list-style-type: none"> <li><b>G.</b> Execute basic arm swing for one lap around track</li> <li><b>H.</b> Execute proper straightaway speedskating stride</li> <li><b>I.</b> Demonstrate proper foot placement while skating the track</li> <li><b>J.</b> One foot turn to the left balancing on right foot – strong inside edge on track</li> <li><b>K.</b> Skate four laps in position around full track</li> <li><b>L.</b> Skate three laps in 36 seconds around hockey circles</li> </ul>                                                                                                                                                     |
| <b>Speed 5</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Speed 6</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <ul style="list-style-type: none"> <li><b>H.</b> Execute basic arm swing – five laps around track</li> <li><b>I.</b> Tight 180 degree turns on one foot – medium speed – RI edge</li> <li><b>J.</b> Tight 180 degree turns on one foot – medium speed – LO edge</li> <li><b>K.</b> Backward crossovers – both directions in a figure eight</li> <li><b>L.</b> Skate 333 meters in 1:30</li> <li><b>M.</b> Backward one foot glides (R &amp; L) in position – 10 feet</li> </ul>                                                                                                                                                  | <ul style="list-style-type: none"> <li><b>H.</b> Slalom course – two feet elements in position</li> <li><b>I.</b> Slalom course – one foot, shifting from inside to outside edges, R &amp; L foot in position</li> <li><b>J.</b> Tight 180 degree turns on one foot – full speed – RI edge</li> <li><b>K.</b> Tight 180 degree turns on one foot – full speed – LO edge</li> <li><b>L.</b> Skate 333 meters in 1:20</li> <li><b>M.</b> Skate 777 meters in 3:00</li> </ul>                                                                                                                                                                                   |

Endorsed by:



**U. S. Figure Skating Basic Skills Program  
Theatre on Ice Curriculum**



This curriculum will incorporate the TOI elements of choreography, skating movements and the rapport between skaters and/or sub groups of skaters at an introductory level. Emphasis should be on demonstration of the elements and control of the skating skills for the badge levels required.

The four themes chosen for the curriculum are:

- \* Joy      \*Fear      \*Anger      \*Growth.

| <b>Theatre on Ice 1</b>                                                                                          | <b>Theatre on Ice 2</b>                                                                                        |
|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| <p>A. THEME- JOY</p> <p>B. CHOREOGRAPHIC PROCESS - REPETITION</p> <p>C. MOVEMENT OR GESTURE – RAPID MOVEMENT</p> | <p>A. THEME- FEAR</p> <p>B. CHOREOGRAPHIC PROCESS - CASCADE</p> <p>C. MOVEMENT OR GESTURE – ROUND MOVEMENT</p> |
| <b>Theatre on Ice 3</b>                                                                                          | <b>Theatre on Ice 4</b>                                                                                        |
| <p>A. THEME- ANGER</p> <p>B. CHOREOGRAPHIC PROCESS - MIRROR</p> <p>C. MOVEMENT OR GESTURE – SHARP MOVEMENT</p>   | <p>A. THEME- GROWTH</p> <p>B. CHOREOGRAPHIC PROCESS - CANON</p> <p>C. MOVEMENT OR GESTURE – SLOW MOVEMENT</p>  |

# U. S. Figure Skating Basic Skills Program

## Special Olympics Badge Program

The Special Olympics Sports Skills Program is designed for people with mental retardation who may exhibit any number of physical impairments. The Special Olympics Figure Skating Badge Program allows athletes to learn skills in a progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into the existing badge program at local rinks.

### Badge 1

- A. Stand unassisted for 5 seconds
- B. Fall and stand up unassisted
- C. Knee dip standing still unassisted
- D. March forward 10 steps assisted

### Badge 2

- A. March forward 10 steps unassisted
- B. Swizzles, standing still: 3 repetitions
- C. Backward wiggle or march assisted
- D. 2-foot glide forward for distance of at least length of body

### Badge 3

- A. Backward wiggle or march
- B. 5 Forward swizzles covering at least 10 feet
- C. Forward skating across the rink
- D. Forward gliding dip covering at least length of body: L & R

### Badge 4

- A. Backward two-foot glide covering at least length of body
- B. 2-foot jump in place
- C. 1-foot snowplow stop: L & R
- D. Forward 1-foot glide covering at least length of body: L & R

### Badge 5

- A. Forward stroking across rink
- B. 5 backward swizzles covering at least 10 feet
- C. Forward 2-foot curves left and right across rink
- D. 2-foot curves left and right across rink

### Badge 6

- A. Gliding forward to backward 2-foot turn
- B. 5 consecutive forward 1-foot swizzles on circle: L & R
- C. Backward 1-foot glide length of body: L & R
- D. Forward pivot

### Badge 7

- A. Backward stroking across the rink
- B. Gliding backward to forward 2-foot turn
- C. T-stop left of right
- D. Forward 2-foot turn on a circle: L & R

### Badge 8

- A. 5 consecutive forward crossovers: L & R
- B. Forward outside edge: L & R
- C. 5 consecutive backward ½ swizzles on a circle: L & R

### Badge 9

- A. Forward outside 3-turn: L & R
- B. Forward inside edge: L & R
- C. Forward lunge or shoot the duck at any depth
- D. Bunny hop

### Badge 10

- A. Forward inside 3-turn: L & R
- B. 5 consecutive backward crossovers: L & R
- C. Hockey stop
- D. Forward spiral 3 times length of body

### Badge 11

- A. Consecutive forward outside edges: minimum 2 on each foot
- B. Consecutive forward inside edges: minimum 2 on each foot
- C. Forward inside Mohawk: L & R
- D. Consecutive backward outside edges: minimum 2 on each foot
- E. Consecutive backward inside edges: minimum 2 on each foot

### Badge 12

- A. Waltz jump
- B. 1-foot spin: minimum of 3 revolutions
- C. Forward crossover, inside Mohawk, backward crossover, step forward: step sequence should be repeated clockwise and counter clockwise
- D. Combination of three moves chosen from badges 9-12

